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(71) Applicant:
Taiyo Kagaku Co., Ltd.
Yokkaichi-shi Mie-ken 510-0825 (JP)

(72) Inventors:
• UEDA, Tomoko
Yokkaichi-shi, Mie 510-0825 (JP)
• NAGATO, Yukiko
Yokkaichi-shi, Mie 510-0825 (JP)

- TANAKA, Yukiko
Yokkaichi-shi, Mie 510-0825 (JP)
- OKUBO, Tsutomu
Yokkaichi-shi, Mie 510-0825 (JP)
- KOBAYASHI, Kanari
Yokkaichi-shi, Mie 510-0825 (JP)
- AOI, Nobuyuki
Yokkaichi-shi, Mie 510-0825 (JP)
- SHU, Seiji
Yokkaichi-shi, Mie 510-0825 (JP)
- JUNEJA, Lekh, Raj
Yokkaichi-shi, Mie 510-0825 (JP)

(74) Representative:
Schüssler, Andrea, Dr.
Kanzlei Huber & Schüssler
Truderinger Strasse 246
81825 München (DE)

(54) **COMPOSITION COMPRISING THEANINE**

(57) The present invention relates to a composition for suppressing or ameliorating a symptom accompanying diminished homeostasis, comprising theanine; and a mineral composition comprising theanine and a mineral. According to the present invention, there can be provided a composition for suppressing or ameliorating the above symptoms; and a mineral composition having a reduced peculiar metal taste, of which administration is made easily.

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